

# Core brief

**Daily update**  
**(4 August 2021, 2.20pm)**

Topics in this Core Brief:

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Mental Health  
Check In



The Mental Health Check In is now open.

All staff are being asked to please complete the online questionnaire, even if you filled it in previously and even if you currently feel well. Sometimes people may be experiencing or about to experience mental well-being issues unexpectedly and early intervention may help to resolve any potential or emerging worries or anxieties before they become more difficult to work through.

More information is available on the [Mental Health Check In website](#) where you will also find a FAQ page. You can also scan the QR code above, which will take you direct to the online information.

## Staff Listening Service

We know that the impact of COVID-19 has raised levels of anxiety and stress beyond what most NHSGGC staff have ever experienced.

The Staff Listening Service was launched in January 2021 and is an ongoing resource that staff can use.

The Spiritual Care team in partnership with Health Improvement are aware that staff across all roles and departments could benefit from being able to access, on top of the Employee Counselling Service and Occupational Health, a separate confidential, person centred, compassionate and impartial listening service to support their ongoing needs and resilience.



### NHS Greater Glasgow & Clyde's Staff Listening Service



Available 7 days a week 9am-10pm

Open to all staff

Listening is integral to the practice of professional, spiritual care staff who are generic NHSGGC chaplains, but this Staff Listening Service is not about religion, denomination, beliefs or philosophies it's about your need to 'just talk' and 'be listened to' in your own time.

To access the service, staff can call the Main Switchboard on 0141 201 1100 and ask to be put through to the on-call Chaplain. Switchboard staff will ask for your name and put you through to a Chaplain who is a trained, professional listener. When your call is put through, you will be listened to without judgement and hopefully feel genuinely heard. Should a listener be unavailable you have the option to leave a message with contact details directly with the service to request a call back.

During a one hour listening session, staff are free to talk about whatever is on their mind and/or anything that might be causing raised levels of stress and anxiety, including a bereavement experience.

From time to time a listener may think it is appropriate to signpost staff to additional services. Consent will always be sought before this happens and no formal referrals will be made at any time. Likewise, conversations will not be documented and we will only make a note of basic personal data, to help inform service monitoring statistics, but which will be fully anonymised.

You can call between 9am and 10pm, seven days a week to talk to someone who will listen and support your wellbeing.

### **Cycle to Work Day – 5 August**

Tomorrow is Cycle to Work Day and there are a few ways in which you can get started if you want to get on your bike.

A bike shop will be able to advise on choosing the right bike for you. If you buy a bike second hand, consider having a mechanic check it over to make sure it is roadworthy. You do not need special clothing to ride a bicycle. However, you may consider wearing brighter clothing to help other road users see you and you must use lights to ride at night.

Cycling can be a great way to reach your recommended amount of physical activity of 150 minutes per week. Cycling to work or school some days, a couple of shorter rides during the week or a longer ride at the weekend, will help achieve this easily.

When starting out, you can begin cycling in traffic-free areas such as a local park or cycle path. Always follow the Highway Code when cycling on roads. The route you might have once taken by car may not be the best route for riding a bike. It is worth checking out the route options to help you enjoy your journey. You can build up your skills and confidence through an Essential Cycling Skills training course, app or short guide from Cycling Scotland

The Travel Plan Office is the main point of contact for information on cycling. They can provide information on the NHSGGC Cycle to Work scheme (which helps spread the cost of a new bike and with savings between 25-39%), information and guidance on bike security and access to walking and cycling maps [NHSGGC: Travel](#).

### **Health and Safety message - Monitoring COVID control measures**

To assist local areas in monitoring the social distancing control measures in place, a monitoring log is available for use. The log is located [here](#).

Information relation to Social Distancing can be found [here](#). If you have any ideas to improve Social Distancing practice, please share with your line manager and email here: [SDCommsGroup@ggc.scot.nhs.uk](mailto:SDCommsGroup@ggc.scot.nhs.uk)

## Social distancing is everyone's responsibility

Stick to the allowed occupancy when using lifts -  
check the information displayed beside the lift.



Do it, encourage it. Don't spread the virus at work or home

Please keep up-to-date with the latest guidance on our dedicated web pages at: [www.nhsggc.org.uk/covid19](http://www.nhsggc.org.uk/covid19). If you have any questions about the current situation please check the [FAQs](#) first. If you have any further questions, please email: [staff.covid19@ggc.scot.nhs.uk](mailto:staff.covid19@ggc.scot.nhs.uk)

\*\*\*Staff are reminded to make sure their [personal contact details are up to date on eESS](#).\*\*\*

It is important to share Core Brief with colleagues who do not have access to a computer.  
A full archive of printable PDFs are available on [StaffNet](#)